



PALM + PINE

PALM + PINE Yoga is an inclusive community that shows up to move, connect, and reset. Our practices are accessible no matter location, ability, or experience. We encourage you to make each practice unique to your body + mind.

When you walk through our doors you don't have to look a certain way or move a certain way - you already belong. Show up as you are and let's tap into new possibilities together!

Benefits of practicing yoga together:

- Stress reduction
- Increased mobility & strength
- Social-emotional wellbeing
- Greater focus and mental clarity
- Boosts immunity and circulation

Jump in today!



Community Care 15% Discount

Care for those who care for our community!

15% discount on memberships and class-packs for community non-profit & public employees, EMTs, nurses, military, full-time students, & **K-12 educators.**

Unlimited
~~\$119~~ \$101/month

Limited (5 classes)
~~\$80~~ \$68/month

Digital
~~\$49~~ \$41/month

10-Class Pack
~~\$180~~ \$153

Practice feeling good!

PALMANDPINEYOGA.COM

LA CROSSE STUDIO: 1008 19th St. S. in Jackson Plaza

HOLMEN STUDIO: 500 N Holmen Dr. in Holmen Square

HELLO@PALMANDPINEYOGA.COM

